



#VaccineReady | April 2021

Minority Health Bingo Challenge

Celebrate National Minority Health Month (NMHM) by sharing and completing the Minority Health Bingo Challenge! Mark the squares of the activities you completed – five in a row means BINGO! Be sure to share your completed board on [Facebook](#) or [Twitter](#) with the hashtags **#MinorityHealthBingo** and **#NMHM2021!**

Will get a COVID-19 vaccine when it is available	Drank 64 ounces of water in a day	Washed hands for 20 seconds with soap and water	Explored another culture through food	Slept the recommended 7-9 hours
Reviewed #VaccineReady resources	Did a muscle strengthening activity	Wore a mask over mouth and nose	Practiced yoga or tai chi	Read a book
Played a memory game	Limited recreational travel	National Minority Health Month FREE SPACE #VaccineReady	Practiced GRATITUDE!	Ate three to five serving of fruits and vegetables
Helped someone sign up for a COVID-19 vaccine	Stretched	Wrote in journal	Played with a Pet	Practiced deep breathing
Shared trusted information about vaccination	Danced to music for 10 minutes	Avoided crowds	Participated in a clinical trial	Stayed at least 6 feet apart in public places

Resources

Need help getting BINGO! Check out the following websites.

- NIMHD National Minority Health Month website: <https://www.nimhd.nih.gov/programs/edu-training/nmhm/>
- Community Engagement Alliance (CEAL) Against COVID-19 Disparities website: <https://covid19community.nih.gov/>
- NIH Fitness and Wellness Facebook Videos: <https://www.ors.od.nih.gov/pes/dats/wellness/Pages/index.aspx>

#NMHM2021 | #MinorityHealthBingo

